

THE SOT'S SERMON

By Berton Braley.

Take it from me, there ain't no good in booze.
I've been against it long enough to know.
You guys that still have strength enough to choose,
Take water—straight!—an' let the red-eye go.
This game of life's a hard one, ain't it, bo?
It's one long fight from start to finish, see!
If you fight booze, that means a lot more woe,
Take it from me!

Booze never boosts—it knocks; it makes you lose
Yer self respect, it makes yer thoughts come slow,
It gets yer nerve, it muddles up yer views;
I've been against it long enough to know.
The fun it brings is mighty quick to blow,
The woe it brings ain't never goin' to flee;
You guys that still have strength enough to choose,
Take water—staright!—an' let the red-eye go.
It's booze that put me in the place I be,
Take it from me!

SIMPLE SALAD DRESSING

Salads are easy to make if the dressing is ready. Here is a simple dressing which may be made in two or three quarts at a time and kept in jars ready for use. Five tablespoons pastry flour, 2 tablespoons butter, $1\frac{1}{2}$ tablespoons mustard, 3 eggs, 1 tablespoon salt, 2 cups milk, 2 tablespoons sugar, $1\frac{1}{2}$ cups weak vinegar, 1 teaspoon onion juice. These are the right proportions for a quart of this inexpensive dressing.

Mix together flour, mustard, salt, onion, sugar, onion juice, butter and eggs in double boiler top; add milk slowly so it will not be lumpy; cook over hot water till thick, stirring constantly, then add vinegar, stirring until thickened again. Cool and serve.

WATCH YOURSELF

When you sit do you lean forward as though your waist were a joint?

Do you "flop down" in a soft sort of meaningless cramped heap when you stop to speak to a person on the street or when you slip into a chair to rest?

Do you walk with your shoulders back and your head in its proper place or do they droop miserably as if you had lost every vestige of energy and your last friend, too.

The muscles of the body are wonderfully pliable and seem almost anxious to follow your bidding.

Give them a chance to make you proud of yourself.

A little practice will do it. Watch yourself!